

# Your Body, Your Choice: Consent Basics

2020 - 2021 Healthy Relationships Series

\*\*\*15 participants maximum registered for each class



**This class is the third part of the Virtual Healthy Relationships Series.**

Learning about consent and boundaries is a necessary building block of healthy relationships and personal safety. In this class we will learn about the difference between public and private places, body parts, conversations, and behaviors. We will identify what consent is, how to tell when someone gives consent or not, and we will practice asking and giving or not giving consent.

**Describe different types of relationships and the roles they play in people's lives:**

- ✓ Describe the difference between public and private spaces and body parts
- ✓ Define consent and identify situations where there is and isn't consent present
- ✓ Practice giving/not giving consent, and asking for consent
- ✓ Be able to identify one's personal rights, specifically bodily autonomy

## 2021 Session Dates

Please select either Session 1 or Session 2 to attend.

### Session 1

Tuesday, January 5, 2-3:30 p.m.

Thursday, January 7, 2-3:30 p.m.

Tuesday, January 12, 2-3:30 p.m.

### Session 2

Monday, February 22, 10-11:30 a.m.

Tuesday, February 23, 10-11:30 a.m.

Friday, February 26, 10-11:30 a.m.

**Please complete the Referral Form to register.**

Contact Sandi Geer at [Sandi.Geer@ct.gov](mailto:Sandi.Geer@ct.gov), or by cell, 203-509-4783, for more information.